

Self-Defense for Women**\$58**

Women will learn self-defense and safety awareness in a fun and safe environment. Classes are tailored to each group according to physical, mental, and emotional ability and will teach both verbal and physical skills involved in self-defense. Emphasis is placed on increasing the student's awareness of potentially dangerous situations.

*No Class 11/11, 11/25**Instructor: Martinez*

Course#	Day	Date	Time	Age	Mtg.	Loc.
296.2.710	Th	10/7-12/9	5:15-6:15pm	14+	8	HV

Spanish**\$58**

A class designed to gain the basic knowledge of the Spanish language. This course is a great opportunity for you to learn the foundation of the language. It is a fast and easy way to learn Spanish along with some culture and history.

*No Class 10/11**Instructor: Camp Carter*

Course#	Day	Date	Time	Age	Mtg.	Loc.
296.2.750	M	10/4-11/29	5-5:50pm	16+	8	HV

Tennis - Beg/Intermediate**\$60**

Introduction to basic strokes, including forehand, backhand, overhead serve racquet size purchase guidelines, court etiquette and score keeping. Doubles and singles strategies are taught. Wear court sneakers. Students provide their own racquet and one unopened can of tennis balls. Location: River Glen Park or Bramhall Park.

*No Class 11/11, 11/25**Instructor: Westergren*

Course#	Day	Date	Time	Age	Mtg.	Loc.
296.2.720	W	10/6-11/24	10-11am	18+	8	RG
296.2.721	Th	10/7-12/9	10-11am	18+	8	RG

\$45*No Class 11/27**Instructor: Staff*

Course#	Day	Date	Time	Age	Mtg.	Loc.
296.2.741	Sa	10/9-12/3	9-10am	18+	8	BH

Tennis – Private Lessons**\$170**

Have you ever wanted to take tennis lessons, but the lessons don't fit into your schedule? Now you have the opportunity. Take private lessons from our tennis pro that fits into your schedule. Contact the Hoover Community Center for more information. Private lessons include (6) lessons that are one hour each.

Instructor: Westergren

Course#	Day	Date	Time	Age	Mtg.	Loc.
296.2.725	By Appointment		1 hour lesson	18+	6	RG

Yoga**\$70**

Increase your strength, flexibility, inner balance and vitality by participating in this class designed to reconnect you to your true self. This class will focus on relieving tension in the back, neck, shoulders and hips thru breathing techniques and relaxation. Additionally, special attention will be paid to proper alignment to enhance energy flow and posture.

*No Class 11/11, 11/25**Instructor: Jindia*

Course#	Day	Date	Time	Age	Mtg.	Loc.
296.2.702	W	10/6-11-24	9-10:30am	14+	8	HV
296.2.703	Th	10/7-12-9	6:30-8pm	14+	8	HV

Houge Park Center**Twilight Dr. @ White Oaks, San José****Phone:** 408-369-1850**Supervisor:** Gerard Manuel**Email:** gerard.manuel@sanjoseca.gov**Bus Lines:** 62 via Bascom Ave.**Types of Programs:** Fee class, youth center, and senior drop-in programs.**Mail Reg to:** P.O. Box 6707, SJ 95150 or fax to: 408-264-2359**ARTS & CRAFTS****Art at the Park****\$60**

Come play and make new friends! Join us for a fun-filled hour of art, crafts, music, and movement. This parent/child class emphasizes creativity and pre-socialization skills. Each class ends with circle time activities. Parent participation is mandatory. Food is provided for any cooking project.

*No Class 10/11**Instructor: Rivera*

Course#	Day	Date	Time	Age	Mtg.	Loc.
297.2.105	W	10/6-11/10	9:30-10:30am	18-36m	6	HO
297.2.106	W	10/6-11/10	10:45-11:15am	18-36m	6	HO

Arts & Crafts**\$65**

Children will have fun learning how to draw, paint, and create art sculptures and collages. Main focus will be on self-expression, how to use different art materials, and use of their imagination. Children will learn how to mix colors, increase their understanding of brush control, and develop sketching techniques. Food will be provided for any cooking project.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
297.2.101	W	10/6-11/24	3-4:30pm	5-8	8	HO
297.2.102	W	10/6-11/24	4:45-6:15pm	9-11	8	HO

Art Time**\$60**

Kids will utilize various art materials, methods, and media to create beautiful, fun works of art. Painting, drawing, sculpting, gluing, and cutting are skills enhanced by this class. Parent participation is mandatory. Food is provided for any cooking project.

*No Class 11/11**Instructor: Rivera*

Course#	Day	Date	Time	Age	Mtg.	Loc.
297.2.107	T	10/5-11/9	9:30-10:30am	2-3	6	HO
297.2.108	T	10/5-11/9	10:45-11:45am	4-5	6	HO
253.2.111	F	10/8-11/12	9:30-10:30am	18-36m	6	KR
253.2.112	F	10/8-11/12	10:45-11:45am	2-5	6	KR
253.2.113	F	10/8-11/12	12-1pm	2-5	6	KR

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DANCE

Ballroom Dancing - Beginning \$108sgl/\$198cpl

Learn beginning dance fundamentals. Have fun with the Swing, Salsa, Tango, Rhumba and Nightclub Two Step. Positions, step patterns, and lead/follow etiquette are taught. Social dancing is a great way to meet people, build confidence, and get a swinging workout. Informal dress is fine. Please wear shoes with a smooth surface and come prepared to dance your socks off.

No Class 10/11

Instructor: Esswein

Course#	Day	Date	Time	Age	Mtg.	Loc.
297.2.200	M	10/4-12/18	7:30-9pm	13+	8	HO

SPORTS & FITNESS

Cheerleading \$70

Hip Hop Hooray! Now this is something to cheer about! Has your child ever wanted to play with Pom-Poms and wish they were a cheerleader? Their dreams can now be a reality! Come learn the latest moves, routines and cheers that will help win any game, Go Team Go! This class is designed to help build self esteem and coordination. Come join this serious fun class and learn a really cool DanceKids Cheer! (Students need to wear comfortable workout clothes – socks and sneakers required.) Parents may stay for first and last classes only.

No Class 10/11

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
297.2.501	M	10/4-11/29	5-5:45pm	5-7	8	HO
297.2.502	M	10/4-11/29	6-6:45pm	8-13	8	HO

Karate \$56

All classes include self-defense and stress the importance of self-confidence and mental discipline. Katas (forms) and tournament style kumite (sparring) are taught. Wear loose and comfortable clothing the first day of class and check with instructor for more details on clothing requirements. All levels are welcome. There is additional fee for uniform, belt testing and certification payable to the instructor.

No Class 11/11, 11/25

Instructor: Camp Carter Int.

Course#	Day	Date	Time	Age	Mtg.	Loc.
297.2.504	Th	10/7-12/9	5-5:50pm	5+	8	HO

CAMDEN YOUTH CENTER - HOUGE PARK

The newly renovated Camden Youth Center will be open this fall. The center will highlight activities that interest youth ages 14-18. Please look for additional information at the Camden Community Center later in the fall.

The Youth Center is a fun and safe place to hang out. Join us Monday through Friday for games, activities, computers, sports, and dances. Membership is free! For more information, call 408-377-5220 (after 3 pm) or 408-559-8553 (before 3 pm).

Attention all TEENS! Come join in on the fun and hang out at a safe cozy place. The Youth Center has many activities including dances, trips, computer access, sports leagues, open gym, drop-in activities, crafts, employment opportunities, and much, much more. If you are into Video Games, Ping Pong, Sports, or Field Trips then come by and be all you can be. Membership is free!

Get fit while hangin' out with your friends at the Camden Community Center's Fitness Room Tuesdays and Thursdays, 3:00p.m. to 5:00p.m. If interested call (408) 559-8553 or (408) 377-5220.

Clubs & Teams

Traveling Sports Squad
Ruckus Hip Hop Club
Ping Pong Wizards
Youth Leadership

Events & Activities

Junior High Social Dance
"Best of the Best" Break Dance Competition
Parenting Workshops
Community Service
Trips/Outings
Band Night

Hours

Monday through Friday, 3-7pm

Friday Late Night Open Gym

9-11pm

Camden Community Center (3369 Union Ave.)

Climbing to the Stars \$50

Join other youth in an adventurous outing to a Rock Climbing facility in the area. Outing includes transportation, introduction session, and additional practice.

Course#	Day	Date	Time	Age	Mtg.	Loc.
	S	10/9	9:30am-3pm	13-18	1	HO

Paintballing \$70

Participants will go to a local Paintballing facility and enjoy shooting the paintballs at their enemies.

Course#	Day	Date	Time	Age	Mtg.	Loc.
	S	9/18	9:30am-3pm	13-18	1	HO

Middle School Dances

Houge Youth Center will be offering dances at the Camden Community Center every other month. Dances are open to Middle School Students in District 9. More information will be available at the Middle Schools prior to the dances.

Youth Advisory Council

Join other youth in the district in the District 9 Youth Advisory Council. This council is instrumental to decision making and fundraising for the youth in this area. For more information call 408-559-8553 or 408-377-5220.

Due to the Camden Renovation, the Youth Center has been temporarily relocated to Houge Park (3952 Twilight Dr.).

SAN JOSE AFTER SCHOOL**Houge Park Area**

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering afterschool programs, please contact 408-277-5203

Types of Programs

Level 1: Homework Assistance. Level one sites offer after school homework help at many locations in San José.

Level 2: Safe and Accessible After School Programs. Level two sites offer integrated recreation and literacy and math enrichment programs.

Level 3: Integrated and Comprehensive approach After School Programs. Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Sites	Level	Time
Carlton Elementary School	Level 1	*
Farnham Elementary School	Level 3	2:30-6pm
Leigh High School	Level 1	*
Lietz Elementary School	Level 3	2:30-6pm
Lone Hill Elementary School	Level 1	*
Union Middle School	Level 1	*

* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).

Do you have a talent, hobby, or special skill to share with others?

Turn that skill into cash by becoming a class instructor. Apply on-line at

jobs.cityofsj.org

or call (408) 979-7829 for more information.

Kirk Community Center

1601 Foxworthy Avenue, San José 95118

Phone: 408-723-1571

Fax: 408-264-2359

Supervisor: Gerard Manuel

Email: gerard.manuel@sanjoseca.gov

Bus Lines: 63

Types of Programs: Adult, fee class, senior programs, senior nutrition, theater, youth programs, and special events.

Mail Registration to: P.O. Box 6707, San José, CA 95150

ARTS & CRAFTS**Art Time****\$60**

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No Class 11/11

Instructor: Rivera

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297.2.108	T	10/5-11/9	10:45-11:45am	4-5	6	HO
253.2.111	F	10/8-11/12	9:30-10:30am	18-36m	6	KR
253.2.112	F	10/8-11/12	10:45-11:45am	2-5	6	KR
253.2.113	F	10/8-11/12	12-1pm	2-5	6	KR

Kirk Community Center continues on the next page

